

Rebounding after you've been Laid Off

First, don't panic, and try not to worry. If you act quickly and follow these guidelines, you'll probably bounce back and be re-employed fairly soon.

Register for unemployment insurance right away. If you qualify, you'll be paid benefits starting from the day you register—so don't put it off. To register in Utah, see this website: <http://ui.dws.state.ut.us/jobseeker.asp>, and/or call: Salt Lake metro area: 526-4400; Ogden metro area: 612-0877; Utah County: 375-4067; remainder of state or outside Utah: 1-888-848-0688.

Realize that change is stressful—especially change that you have no control over. Expect to have thoughts and feelings of dread, but try to just acknowledge them and set them aside so you can focus on things you do control, and on moving forward.



Make a thorough assessment of your financial resources and your support system. Reduce your spending to just the necessities. Also do a self-assessment—what you have to offer your next employer and what you want your next job to be. This can be an opportunity for a positive career change. List all your accomplishments. Not only will this help you identify items for your resume and job interviews, it will help you maintain your self-esteem through the transition to a new job.

Start networking like crazy—most jobs are found through word of mouth.

Update your resume (see pages 23-27).

Your local DWS office may be able to offer you extra help, such as workshops, retraining subsidies or job development. Contact them to see what you may be eligible for. Also, you may now be eligible for food stamps and/or other assistance. They can tell you more about that too.

Before you start interviewing for a new job:

- Know who you are and what you can do—your personal strengths and qualities and the skills and abilities that you have to offer an employer. The better you can explain these, the more successful you will be in the interviewing process.
- Research the company you are applying with. You need to understand their business enough to explain how you can be an asset to it.
- Understand the interview process from the employer's point of view and prepare for the interview with that perspective.

By taking control of the things you can and working hard at finding a new job, you can come back from a layoff in the shortest time and maybe even end up in a better job.